

# Health Education Classes February 2017

Monday

Tuesday

Wednesday

Thursday

Friday

<b>Health Promotion:</b> 257-9892 <b>Dietician:</b> 257-9590 <b>Childbirth Ed:</b> 257-9436 <b>Meditation/Support Groups:</b> 257-9484 <b>NMCRS:</b> 257-2728 <b>FFSC:</b> 257-6289 <b>PSMAC:</b> 1-800-404-4506		<b>1</b>  1100: Meditation Group Bldg 2527  1300: Women's Group Bldg 2527	<b>2</b>  1000: Budgeting for Baby NMCRS  1030: Men's Group Bldg 2527  1700: Childbirth Education Class 1 NHOH Rm 460	<b>3</b>  1300: Moving Forward Bldg 2527  <b>Wear Red Day Support Women's Heart Health</b>
<b>6</b>  1300: Sexual Trauma PTSD Group Bldg 2527	<b>7</b>  1000: Deployment PTSD Group Bldg 2527 1300: Tobacco Cessation R-53 1400: Ship Shape - Psychology of Weight Management NHOH - DCR 1730: Budgeting for Baby NMCRS	<b>8</b>  1100: Meditation Group Bldg 2527  1300: Women's Group Bldg 2527  1300: Nutrition 101 NHOH CCR	<b>9</b>  1030: Men's Group Bldg 2527  1700: Childbirth Education Class 2 NHOH Rm 460	<b>10</b>  1300: Moving Forward Bldg 2527
<b>13</b>  1300: Sexual Trauma PTSD Group Bldg 2527	<b>14</b>  1000: Deployment PTSD Group Bldg 2527 1000: Couples Communication FFSC 1300: Tobacco Cessation R-53 1400: Ship Shape - Creating Supportive Environments NHOH - DCR	<b>15</b>  1100: Meditation Group Bldg 2527  1300: Women's Group Bldg 2527	<b>16</b>  1030: Men's Group Bldg 2527 1300: Stress and Anger Management FFSC 1700: Childbirth Education Class 3 NHOH Rm 460	<b>17</b>  1300: Moving Forward Bldg 2527
<b>20</b>  <b>HOLIDAY</b>	<b>21</b>  1000: Deployment PTSD Group Bldg 2527  1300: Tobacco Cessation R-53  1400: Ship Shape - Stress Management & Relaxation NHOH - DCR	<b>22</b>  1100: Meditation Group Bldg 2527  1300: Women's Group Bldg 2527	<b>23</b>  1030: Men's Group Bldg 2527  1700: Childbirth Education Class 4 NHOH Rm 460	<b>24</b>  1300: Moving Forward Bldg 2527
<b>27</b>  1300: Sexual Trauma PTSD Group Bldg 2527	<b>28</b>  1000: Deployment PTSD Group Bldg 2527  1300: Tobacco Cessation R-53  1400: Ship Shape - Fueling Your Body & Brain NHOH - DCR	<b>Heart Health</b> -Hypertension, or high blood pressure, is when blood moves through the vessels at an elevated level so it's pushing against the walls of the arteries. Stress on the artery walls can damage vital organs like your heart and potentially cause heart disease as well as raise your risk for stroke and heart attack. -Hypertension does not have any warning signs or symptoms, so you may not realize you have it. Have your health care professional measure it for you; it's quick and painless! -Know your numbers! Healthy blood pressure is less than 120/80; of concern is 140/90.		

- **Budgeting for Baby:** This class is sponsored by the Navy-Marine Corps Relief Society. Financial counselors discuss budgeting basics and help you prepare for the financial aspects of parenthood. Receive a free junior seabag after attending. For more information or to register for class, contact NMCRS at 257-2728.
- **Childbirth Education:** A series of 4 classes to help you understand the birthing process, medical interventions associated with birth, and comfort measures. Postpartum care, newborn care/safety, and breastfeeding basics are also discussed. For more information contact the Childbirth Educator at 257-9436.
- **Tobacco Cessation:** Ready to quit? We can help. During the 1 hour discussion the Health Promotion staff will assist you in developing your quit plan: selecting a quit day, determining a quit method, developing your support team, and making lifestyle and environmental changes that will support your cessation efforts. Open to active duty, retirees, family members, and civilian personnel. Contact Health Promotion at 257-9892 for more information or to register for the next session. Individual sessions are also available. The Tobacco Clinic is located in R-53, modular across from the main hospital.
- **Nutrition 101:** An interactive class to kick off your personal plan for long lasting weight management. Learn basic nutrition skills and methods for incorporating physical activity into your day. Meets Navy FEP requirements. Class is offered monthly and is open to active duty, retirees, and family members. To register for the next class contact PSMAC at 1-800-404-4506.
- **Ship Shape:** A multi-dimensional program for Active Duty Personnel, Adult Family Members, Retirees and DoD Civilians, 6 session program which focuses on nutrition education, physical fitness, and behavior modification in support of a healthier body composition and lifestyle. Sessions are 1400-1500 in the NHOH Dental Conference Room. ~~~Two opportunities for each topic, pick the date that works with your schedule~~~  

Jan 17 and Feb 28 - Fueling Your Body & Brain	Feb 7 and Apr 4 - Psychology of Weight Management
Jan 24 and Mar 7 - Weight Loss Tracking & Trends	Feb 14 and Apr 11 - Creating Supportive Environments
Jan 31 and Mar 14 - Power Up! Physical Activity	Feb 21 and Apr 18 - Stress Management & Relaxation

For more information or to register, contact your CFL and/or the Dietician at 257-9590.
- **Diabetes Wellness:** Designed for further education following initial visit with the Diabetes Nurse Educator and Dietician. Your Diabetic Team includes Internist, Pharmacist, Nurse Diabetes Educator, Dietician and Fitness Specialist. Biannual classes held in R80, modular across from the Naval Hospital. The next series is planned for April. For more information or to register for the next series, contact 257-5106.
- **Meditation Group:** A weekly group where you will learn and practice mindfulness skills. These skills are designed to reduce stress, reduce suffering (physical and emotional) and promote relaxation. The techniques work best if you are curious, interested in or familiar with mindfulness approaches and breathing meditation, are open minded and looking for a "kinder-gentler approach". The group is open to all: military personnel, family members, and civilian staff. For more information call 257-9484.
- **Men's and Women's Group:** Weekly discussion groups for education and support. The Women's Group meets on Wednesday 1300-1400; the Men's Group meets on Thursday 1030-1200, located in Mt Olympus. For more information or to sign up for this group, contact 257-9484.
- **Sexual Trauma PTSD Group:** Weekly discussion group for education and support. For more information or to sign up for this group, contact 257-9484.
- **Deployment PTSD Group:** Weekly discussion group for education and support. For more information or to sign up for this group, contact 257-9484.
- **Moving Forward:** A "life skills" training program that teaches participants problem-solving skills to enhance transitions and/or overcome stressful difficulties in life. Focus is on enhancing recovery and resilience skills, improving overall quality of life, and preventing clinical levels of pathology. This class is taught in four 1-hr classes, Fridays at 1300, a new class will start the first Friday of each month. Participants do not have to be current Mental Health Clients to participate, but do have to pre-register and complete pre-test assessment. Formal referral is not necessary, and this can be scheduled over the phone or in person. Due to the nature of the class, no children please. Preregistration required, contact 257-9484 to sign up.
- **Couples Communication:** Identify blocks to communication, create processes to resolve conflict, and improve lines of communication. For more information or to register for the next class contact Fleet and Family Support at 257-6289.
- **Stress and Anger Management:** Definitions, origins and physiologic effects of stress and anger, develop effective management techniques. For more information or to register for the next class contact Fleet and Family Support at 257-6289.
- **Positive Parenting:** Focus on "natural and logical consequences" vice reward/punishment as a means of discipline. Two class series: Wed and Thurs 0900-1600. For more information or to register for the next class contact Fleet and Family Support at 257-6289.